

City of Tempe Sports

Flag Football K -1st Rules

Game Play:

- Two (2) twenty (20) minute halves
- Running Clock – Clock doesn't stop for out of bounds, incomplete pass, or any other penalties
- Points are **NOT** Tabulated
- Teams begin offensive drive on 5 yard line
- K -1st program plays with a Pee wee Size Football

Offense:

- 5 on 5 Football.
- All players are eligible receivers.
- Offensive line will have the same players on the line of scrimmage as the Defensive. Defenders will be 3 yards off the line of scrimmage and are eligible to make contact with the Offense.
- Motion is legal, only players off the line of scrimmage.
- 1 Players on the line of scrimmage at all times prior to snap.
- **Stiff Arm is allowed**; flag guarding is **not** allowed.
- Players can extend open handed arms to block; anything above the neck and below the waist is not allowed.
- Center may snap the ball one of three ways:
 - 1. Between the legs.
 - 2. Sideways. across the body.
 - 3. By facing the QB and passing it. No center sneaks.
- Ball carrier may spin, a player can jump but **cannot** hurdle another player.
- 1st downs are accounted every time a team goes past a 20 or 40 yd marker.
- If a team doesn't get a first (1st) down after four (4) downs, the defense then takes over on the opposite 5 yard line.

Defense / Special Teams:

- Blitzing is **not** allowed.
- Man or Zone defense is allowed.
- Defensive line is 3 yards off of the line of scrimmage
- A quarterback can only run with the ball if it has been touched by a teammate. Defense can pass line of scrimmage if ball is handed off by the quarterback.
- Players need to prevent from tackling, this is flag football.

PLEASE TURN OVER FOR MORE RULES

Fumbles/Muffs/Strips:

- Ball is dead at spot when player fumbles the football or their flags fall to the ground.
- On QB/Center exchange; Muff or fumble will result in a loss of down. Ball is placed where the ball was muffed or fumbled after QB/Center exchange.
- Stripping is allowed
 - Offense remains possession if a strip is attempted and ball hits the field. Ball is dead wherever the ball lands on the field.
 - Defense remains possession once ball is taken by defense and maintains possession (full control of the football).